

Special EVENTS

Winter 2018

JAN
19

Yoga Nights

7:30 - 9:30PM | PAVILION GYM

You are cordially invited to get zenned out of your mind. Yoga Nights is a free, quarterly yoga class offered to students to help you de-stress and recharge. With free food, prize giveaways, and interactive socials, this is not your average yoga class. Each event features a professional, dynamic instructor. Yogis of all levels are welcome!

In collaboration with Life of the Party

FEB
2

IV First Friday- Rec & Wellness Takeover

8:30PM - 12AM | PEOPLE'S PARK, ISLA VISTA

Recreation and Health & Wellness are taking over Isla Vista First Friday! Come dance the night away with our Gaucho Rec dance classes including Brazilian Dance, Zumba, and Cardio Hip-hop! After getting your groove on, climb the Adventure Program's Mobile Climbing Tower, check out Inflatable Archery, watch an Aerial Silk demo, test your balance on the slack lines and more! Also enjoy free food and giveaways!

In collaboration with UCSB Health & Wellness and Life of the Party

FEB
24

Dodgeball Tournament

6:30PM - 12AM | ROB GYM

Are you able to dip, duck, dive, and dodge? Each Spring quarter, the Department of Recreation and Life of The Party join forces to present a night of intense rivalry, athleticism, and costumes! The 6th Annual Torchon Memorial Dodgeball Tournament brings teams together to battle on the courts dressed in their best costumes. Teams of 6, each team is guaranteed 2 games, with a grand prize for the tournament winner! Students and community members are welcome to participate in the costume contest, photo booth, and prize raffle. Hurry, we have limited spots! Sign up beginning January 31.

In collaboration with Life of the Party

JAN
22

Mindful Monday

5 - 6:30PM | LOMA PELONA

Learn the art of mindfulness at our quarterly Mindful Mondays. The upcoming Mindful Monday will feature Tai Chi, taught by Pat Hackney! No experience is necessary.

In collaboration with UCSB Health & Wellness

FEB
TBA

Welcome Back Track

PAULEY TRACK

We're welcoming back Pauley Track. Come out to celebrate the complete refurbishment of this historic campus facility. Be a part of the first inaugural mile walk/run, followed by healthy snacks and our first intramural track and field event!

In collaboration with UCSB Intercollegiate Athletics

MAR
10

March Madness

12 - 4PM | REC CEN MAIN GYM

We're getting into the March Madness spirit and hosting our very own 3v3 basketball tournament! No need to be a pro, all skill levels are welcome to play. In our 3v3 basketball tournament, participate in skills competitions and games, hang out, snack, and more!

Learn more at RECREATION.UCSB.EDU or at our Customer Service Center!

For questions, contact ashley.marsh@recreation.ucsb.edu